Mexican Rice

Ingredients
- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 1 (14½-ounce) can 33% less sodium chicken broth
- 1 cup white rice
- ¾ cup chopped tomatoes
- ½ teaspoon chili powder
- ¼ teaspoon salt
- 1 cup frozen corn, thawed
- 1 cup frozen pea and carrot blend, thawed

Preparation
1. Heat vegetable oil in a medium saucepan over medium heat. Add onion and sauté until soft, about 5 minutes.
2. Stir in broth, rice, ½ cup tomatoes, chili powder, and salt. Bring to a boil; reduce heat and simmer, covered, for 25 minutes.
3. Stir in vegetables and let stand for 5 minutes. Spoon remaining tomatoes over top and serve.

With the help of frozen vegetables, this is a tasty, nutritious side dish. Garnish with chopped fresh cilantro or a sprinkle of cheese.

Makes 6 servings. ¾ cup per serving.

Prep time: 5 minutes
Cook time: 30 minutes

Nutrition information per serving:
Calories 200, Carbohydrate 39 g, Dietary Fiber 3 g, Protein 6 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 279 mg